

Local COVID-19 Resources and Services



If you have symptoms or are sick:

- **Stay home and isolate** from others for 10 days from the day your symptoms began or the day you tested positive if you have no symptoms.
- **Monitor your symptoms** and seek medical attention immediately if you develop trouble breathing, pain or pressure in the chest, confusion, inability to wake or stay awake, or bluish lips or face.
- **Older adults and those with underlying medical conditions** may be at higher risk for more serious complications and should seek medical attention before symptoms become severe. Call ahead before visiting your provider or an urgent care facility.
- **Inform close contacts.** Talk to everyone who has been within 6 feet for more than a few minutes while you were sick, including the 48 hours before you developed symptoms.
- **Cover coughs and sneezes** with a tissue or the inside of your elbow.
- **Regularly clean 'high-touch' surfaces** such as doorknobs, counter tops, light switches, refrigerators, microwaves, remotes and tablets, and other surfaces often touched by people in the household.

If you have had contact with someone who has or is suspected to have Covid-19:

- **Stay home** for 14 days since you last interacted with an ill individual. Avoid contact with others, do not share personal items, and use a separate bedroom and bathroom if possible.

- **Monitor yourself for symptoms** for fever, cough, congestion, headache, nausea, diarrhea, or loss of taste or smell.
- **Wear a cloth face covering** if over the age of 2 that fits tightly and covers your nose and mouth when around other people and keep your distance from others (at least 6 feet).
- **Wash your hands often** with soap and warm water for at least 20 seconds. Clean and disinfect high touch surfaces every day.

I'm worried I have coronavirus

- **Public Health Questions:** Call (804) 205-3501
- **Request Medical Help:** Call (804) 783-2505 to ask about medical help if you don't have health insurance or you are homeless.
- **Medicaid:** Call (804) 664-4759 if you have questions or concerns about Medicaid for yourself or children.

Coronavirus Hotline

Call the Covid-19 Hotline to register for a free Covid-19 test at (804) 205-3501 (Monday through Friday from 8:00 AM - 5:00 PM)

Websites and Resources

- www.vdh.virginia.gov
- www.rchd.com
- www.henrico.us/coronavirus
- www.vdh.virginia.gov/coronavirus/
- www.help1rva.org
- Call 311 for services & benefits questions.



I need food

- Call (804) 521-2500, ext. 631 to find your local food bank.
- Call 1 (855) 635-4370 to see if you're eligible for emergency SNAP benefits.

Visit these websites for information on when and where to pick up school meals.

Richmond

- <https://www.rvaschools.net/reopenwithlove>

Henrico

- <https://henricoschools.us/returntoschool/>



I lost some or all of my income

- Call 1 (866) 832-2363 to apply for unemployment benefits.
- Call (804) 646-6464 to get matched with a career counselor and to ask about the Family Crisis Fund.



I need a place to stay

- Call (804) 972-0813 if you are homeless or within three days of losing your home.



I need help staying in my home

Evictions have been temporarily suspended in Virginia. There is now a rent and mortgage relief program available in the greater Richmond area for those who have been unable to pay due to Covid-19. **Visit actsrva.org or call 804-644-2401** for more information.

There are ongoing discussions by state and federal lawmakers on evictions protections for people who have lost their source of income due to COVID-19 and cannot pay rent. For the most up to date information on your legal rights as a renter, call 1- 866-LEGL-AID (1-866-534-5243) If you are facing eviction Eviction Helpline at 1-833-NOEVICT (1-833-663-8428).



I am a senior who needs help

- Call (804) 343-3000 to sign up for check-ins.

Richmond

- Call (804) 673-5035 to see if you can participate in Meals on Wheels.

Henrico

- Call (804) 343-3027 to see if you can participate in Meals on Wheels.



I need supplies for my baby/child

Your local WIC office can help you order formula, offer breastfeeding support & supplies, and provide food benefits. You may be eligible for these benefits if you are pregnant, breastfeeding, or postpartum.

WIC will provide services remotely via telephone. WIC is not requiring physical presence for WIC certifications and subsequent certifications. To receive direction on how to proceed with your appointment or to schedule an appointment please call:

Henrico

- Shrader Rd. WIC: (804) 501-1610
- East End WIC: (804) 652-3180

Richmond

- Southside: (804) 205-9816
- Richmond City Health District: (804) 482-5446
- Community Hospital: (804) 786-3201

For free diapers, call (833) 782.2229, ext. 801



Someone makes me feel unsafe

- Call the Greater Richmond Regional Hotline for Sexual and Intimate Partner Violence at (804) 612-6126 or text (804) 793-9999 for confidential support.
- If you are being threatened or believe a loved one is in immediate danger, call 911- even if you know the person well.